Ritushree Das is a passionate writer
who believes that emotions are the
purest form of expression.
Through her words,
she captures the raw, unfiltered feelings of
love, pain,
and healing—creating a space
where readers can find a piece of themselves.

Some wounds are invisible... but they hurt the deepest."
Not every story has a happy ending.
Some stories are made of silent tears,
unspoken words, and the kind of pain
that stays long after everything is over.
Where Broken Hearts Heal is not just a book—
it's a journey through love, loss, heartbreak, and healing.
Each page holds emotions you might have felt but never found words for.
If you've ever loved deeply,
if you've ever lost someone,
or if you're still trying to heal from something no one knows about.
This book will feel like a quiet conversation with your own heart.
Because sometimes,
the only place broken hearts truly heal...
is within the words they were too afraid to say.

WHERE BROKEN HEARTS LEARN TO HEAL

RITUSHREE DAS

Table of Contents

1. **Introduction**.....

2. **Dedication**.....

Pages

(I) Phase one (FEELING THE PAIN)..... 1-15

(II) Phase two (COMING BACK TO YOURSELF)..... 16-35

(III) Phase three (THE ART OF LETTING GO)..... 36-55

(IV) Phase four (THE SOFT RETURN TO MYSELF)..... 56-70

(V) Phase five (WHEN BRAIN & HEART FINALLY AGREES)..... 71-90

(VI) A gentle reminder for you 91

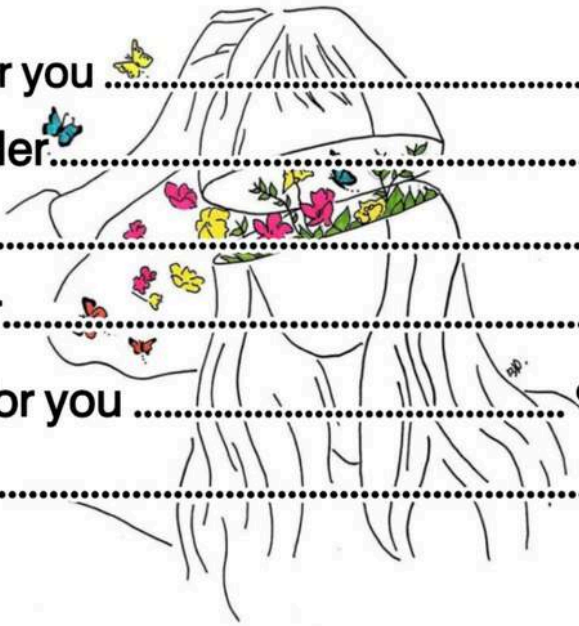
(VII) A letter to the reader..... 92

(VIII) Gratitude..... 94

(IX) About the author..... 95

Some messages for you 96-99

(X) The final words..... 100



Introduction

"Where Broken Hearts Learn To Heal"

If you're holding this book right now,
I want you to know something—
you didn't find this by accident.
Maybe your heart feels heavy.
Maybe you're trying to move on,
but something inside you still hurts.
Or maybe you just needed a place
where you don't have to pretend anymore.
This book is going to sit with you.

Just… stay.
Through the pages,
you'll find pieces of yourself—
in the words,
in the silence between them,
in the emotions you thought
no one else understood.
You don't have to be strong here.
You don't have to have everything figured out.
You can take your time.
And as you turn each page,
slowly, gently—
I hope you start feeling
a little less alone.
Because this book…is now yours.

Dedication

Yes, you—
the one reading these words
with a heart that's been through too much.
I know you tried.I know you loved deeply.
And I know how much it hurt
when it didn't work out.
You may not say it out loud,
but I can feel it—the weight you carry,
the memories you can't let go of,
the nights that feel a little too long.
So this book will be here for you.
On the days you feel okay,and on the days you don't.
When you feel like texting them,
when you feel like breaking down,
when you just need someone
to understand without asking questions.
Think of these pages
as a quiet hand holding yours.
A soft voice telling you—
you're going to be okay.
You don't have to heal all at once.
You don't have to be perfect.
Just stay.Keep reading.
And let this book be your companion
until your heart feels light again.

PHASE ONE

Feeling the pain

You keep saying you're okay,
but your silence says otherwise.
There's a heaviness in your chest
you can't explain to anyone.
And no matter how much you try,
you just can't go back
to the person you were before.

It hurts in ways
you don't know how to describe.
Not loud, not visible—
just a quiet ache
that follows you everywhere.
And somehow,
you've learned to live with it.

You miss them
in the smallest moments.
A song, a place, a memory—
everything reminds you of them.
And it's not even them anymore,
it's the feeling
you can't get back.

You keep replaying everything,
wondering where it went wrong.
What you could've done differently.
But the truth is—
you gave your best
to someone
who didn't know how to keep it.

Nights are the hardest.
When everything gets quiet,
your thoughts get louder.
And suddenly,
all the feelings you ignored
come rushing back
all at once.

You thought they were your safe place.
But now even their memory
feels like pain.
And that's the hardest part—
when the person
who gave you comfort
becomes the reason you're hurting.

You didn't just lose a person.
You lost the future
you imagined with them.
All those plans,
all those dreams—
they disappeared
without warning.

You keep checking your phone,
even when you know
they won't text.
It's not hope anymore—
it's a habit.
And breaking that
feels harder than losing them.

Sometimes you don't cry.
You just feel empty.
Like something inside you
stopped working.
And you don't even know
how to fix it anymore.

You tried to be enough.
You tried to fix everything.
But love shouldn't feel
like proving your worth.
And still,
you kept trying
until you broke.

The worst kind of pain
is not being chosen.
When you gave your all,
and they still walked away.
It makes you question
everything about yourself.

You pretend to be strong
in front of everyone.
But deep inside,
you're still hurting.
Still missing them.
Still wishing
things were different.

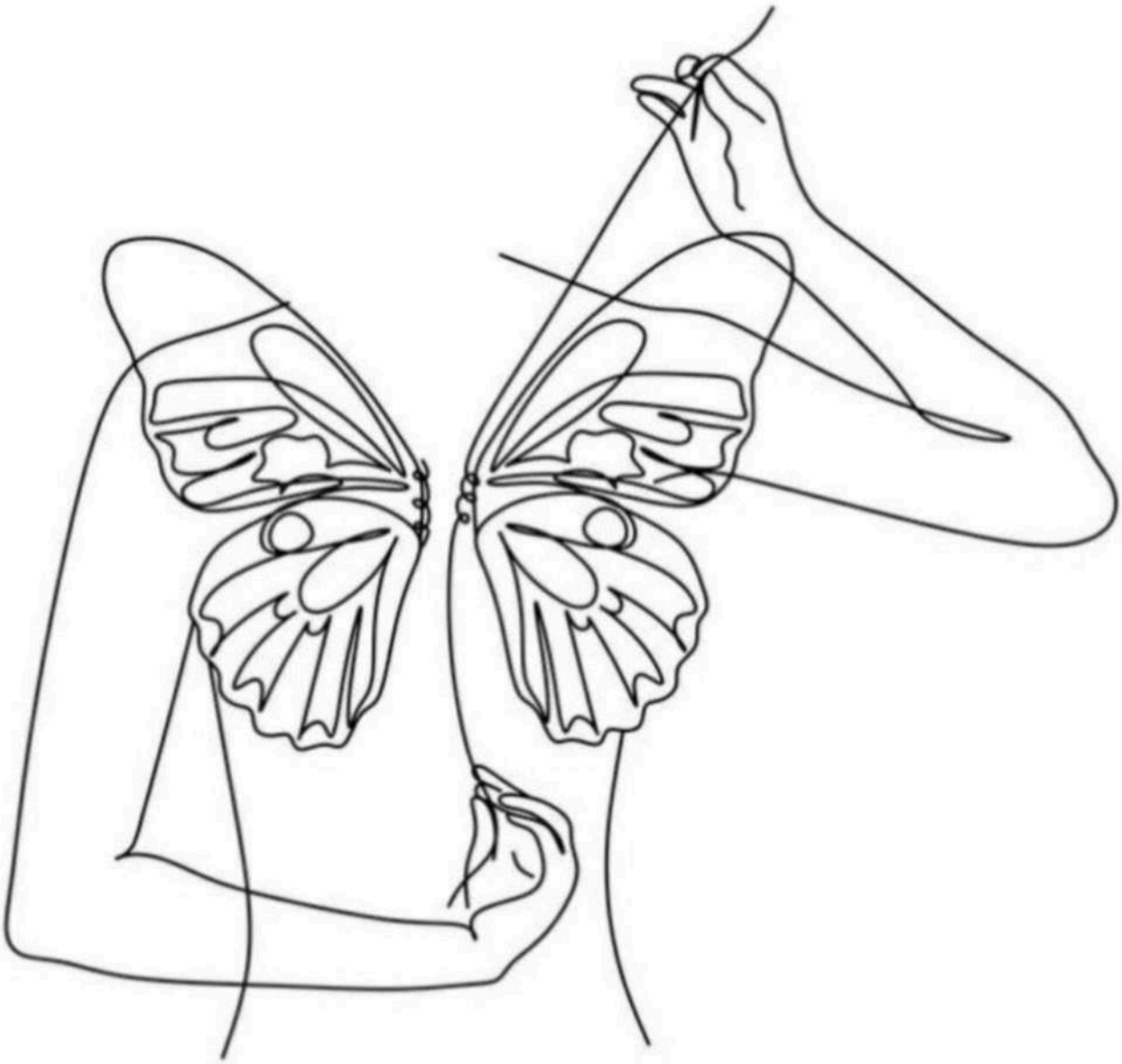
It's confusing—
how someone can be
so important one day
and a stranger the next.
And you're left there
trying to understand
what even happened.

You don't hate them.
And maybe that's the problem.
Because it would be easier
if you did.
But instead,
you still care.

You're tired.
Not physically—
emotionally.
Tired of thinking,
tired of feeling,
tired of missing
someone who isn't there anymore.

PHASE TWO

Coming back to yourself ♡



You've spent so long
taking care of others,
you forgot
how to take care of yourself.
Maybe healing starts here—
when you finally choose
you.

You don't need to be perfect
to be worthy of love.
You don't need to fix yourself
to deserve kindness.
You already deserve
the love you keep
giving to others.

Stop blaming yourself
for someone else's actions.
You were genuine,
you were honest—
that was never the problem.
The problem was
they couldn't value it.

You are allowed
to rest.
To take a break
from overthinking,
from proving yourself.
You don't have to earn
your own peace.

Be gentle with yourself.
You're healing from things
you never talked about.
And that kind of pain
doesn't disappear overnight—
it needs patience,
not pressure.

You are not hard to love.
You were just loving someone
who didn't know
how to love you right.
Don't let that experience
change how you see yourself

Self-respect begins
the moment you stop
accepting less
than what you deserve.
It's not ego—
it's knowing your worth
and standing by it.

You don't need
their validation anymore.
You don't need their approval
to feel enough.
You are already enough—
even without them.

The way you talk
to yourself matters.
So speak kindly.
Encourage yourself.
You're not broken—
you're just becoming
someone stronger.

Let yourself heal slowly.
There's no race,
no deadline.
Some days you'll feel okay,
some days you won't—
and both are part
of the process.

Stop chasing people
who make you feel unsure.
The right ones
won't confuse you.
They'll stay,
they'll choose you,
without hesitation.

Protect your energy.
Not everyone deserves
access to you.
Your peace is valuable—
don't trade it
for temporary people.

You don't have to
explain your feelings
to people
who never tried to understand.
Sometimes walking away
is the best response.

You don't have to
explain your feelings
to people
who never tried to understand.
Sometimes walking away
is the best response.

Choose yourself,
even when it feels lonely.
Because being alone
is better
than being somewhere
you don't feel valued.

You are allowed
to outgrow people.
To change,
to want better.
Not everyone
is meant to grow with you—
and that's okay.

Forgive yourself
for the times
you stayed too long.
You didn't know better then.
Now you do—
and that's growth.

You deserve a love
that feels safe.
That doesn't make you
question everything.
Until then—
be that safe place
for yourself.

Stop ignoring
your own needs
just to keep others happy.
You matter too.
Your feelings matter.
And it's okay
to choose yourself.

Fall in love
with taking care of yourself.
Your peace, your growth,
your happiness—
make them your priority.
Because you deserve
a life that feels gentle.

PHASE THREE

The art of letting go ⁕

At some point,
you stop asking
why they left.
Not because you got answers—
but because you realized
you deserve better
than unanswered questions.

You waited for them
to come back,
to explain,
to fix things.
But healing began
the moment you understood—
they're not coming.

Letting go
isn't about forgetting them.
It's about choosing
not to hold on
to something
that kept hurting you.

You stopped chasing them.
Not because you didn't care,
but because you finally saw
they weren't choosing you.
And love
should never feel one-sided.

It hurts
to walk away.
But staying somewhere
you're not valued
hurts more.
So you choose pain once—
not forever.

You had to accept
that the version of them
you loved
doesn't exist anymore.
And holding on
to memories
was only breaking you.

Closure doesn't always come
from a conversation.
Sometimes,
it comes from silence—
from realizing
you deserve peace
more than explanations.

You stopped checking your phone.
Stopped hoping
for a message
that would never come.
That's when you knew—
you're finally
letting go.

Letting go
feels like losing them
all over again.
But this time,
you're choosing
yourself
in the process.

You realized
you can't force someone
to love you right.
No matter how much you give,
they'll only give
what they're capable of.

You stopped romanticizing
what hurt you.
You started seeing things
for what they really were.
And that truth
set you free.

You're not weak
for walking away.
You're strong
for choosing yourself
over something
that was breaking you.

It wasn't easy.
You cried,
you doubted,
you almost went back.
But you didn't—
and that's your strength.

You stopped asking
if they miss you.
Because the real question is—
why did you stay
where you weren't valued?

Letting go
is choosing peace
over attachment.
It's understanding
that not everything
you lose
is a loss.

You don't need
their apology
to move on.
You don't need
their closure
to heal.

You learned
to sit with your pain
instead of running back
to what caused it.
And that changed everything.

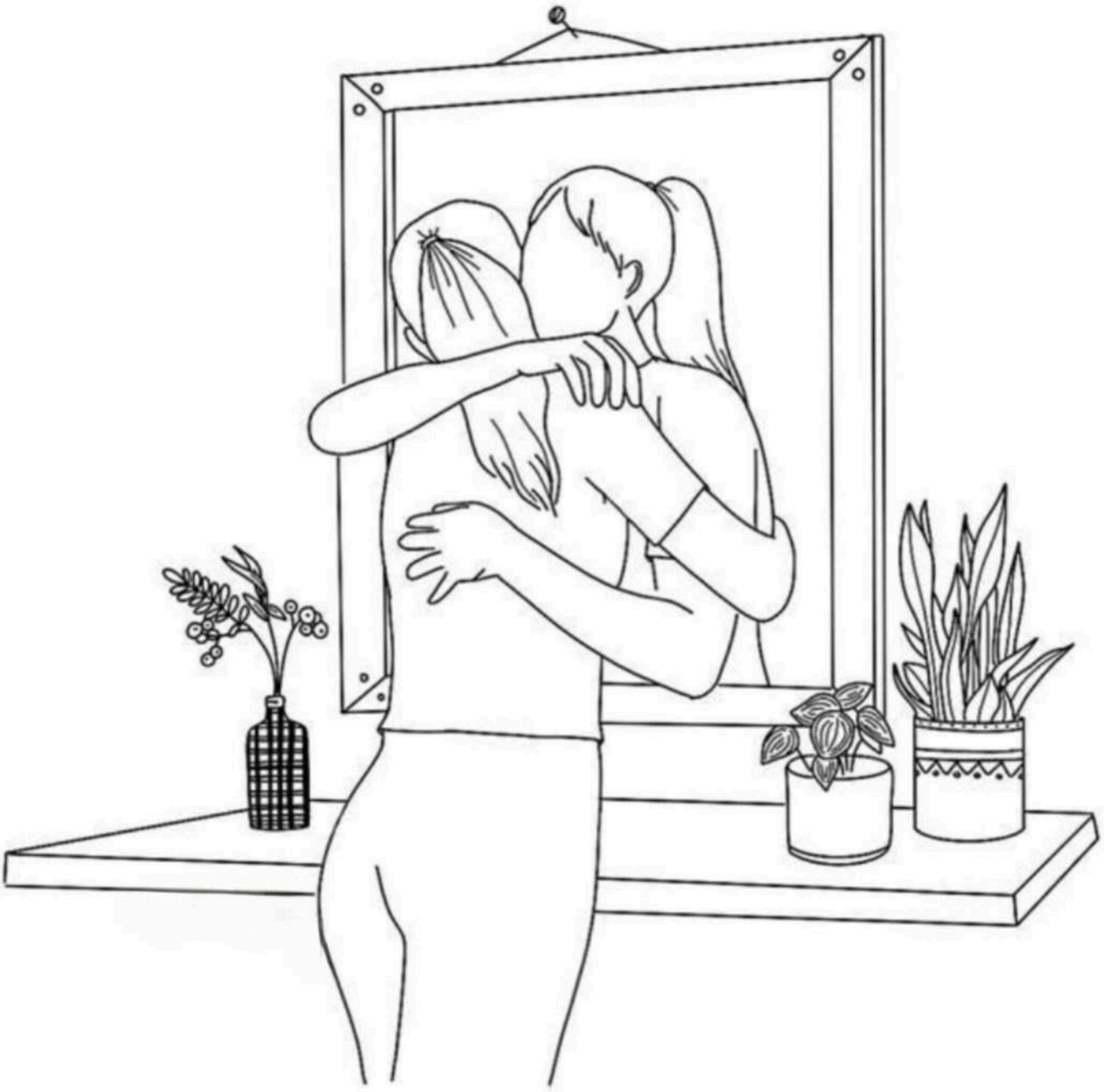
You stopped fighting
for someone
who wasn't fighting for you.
And in that moment,
you finally
chose yourself.

You let them go—
not because you stopped loving,
but because
you started loving yourself
more.

And one day,
you realized—
you don't miss them anymore.
You just miss
who you were
when you loved them.

PHASE FOUR

The soft return to myself ❤️



You wake up one day
and it doesn't hurt
like it used to.
The pain is still there,
just… quieter now.
And for the first time,
you feel a little lighter.

You're not over it,
but you're not breaking anymore.
You've learned
how to carry the memories
without letting them
destroy you.

Peace doesn't come
all at once.
It comes slowly—
in small moments,
in quiet mornings,
in nights
that no longer hurt.

You stopped waiting
for things to go back
to how they were.
Because now you understand—
you're not going back,
you're moving forward.

There's a calmness in you now.
Not because everything is perfect,
but because you've accepted
what you can't change.
And that acceptance
feels like freedom.

You don't check your phone anymore
hoping it's them.
You don't overthink
every little memory.
You just… exist,
and somehow,
that feels peaceful.

You've made peace
with the past.
Not because it didn't matter,
but because
you don't want it
to hurt you anymore.

You're learning
to enjoy your own company.
To sit with yourself
without feeling empty.
And that's something
you never thought you'd do.

There are still days
when you think of them.
But it doesn't break you now.
It just reminds you
of how far
you've come.

You don't feel the need
to prove anything anymore.
Not to them,
not to anyone.
Your peace
is enough.

Life feels softer now.
Not because it got easier,
but because
you've become stronger.
You've learned
how to protect your peace.

You're no longer chasing
what left you.
You're building a life
that feels good
without them.
And that's real growth.

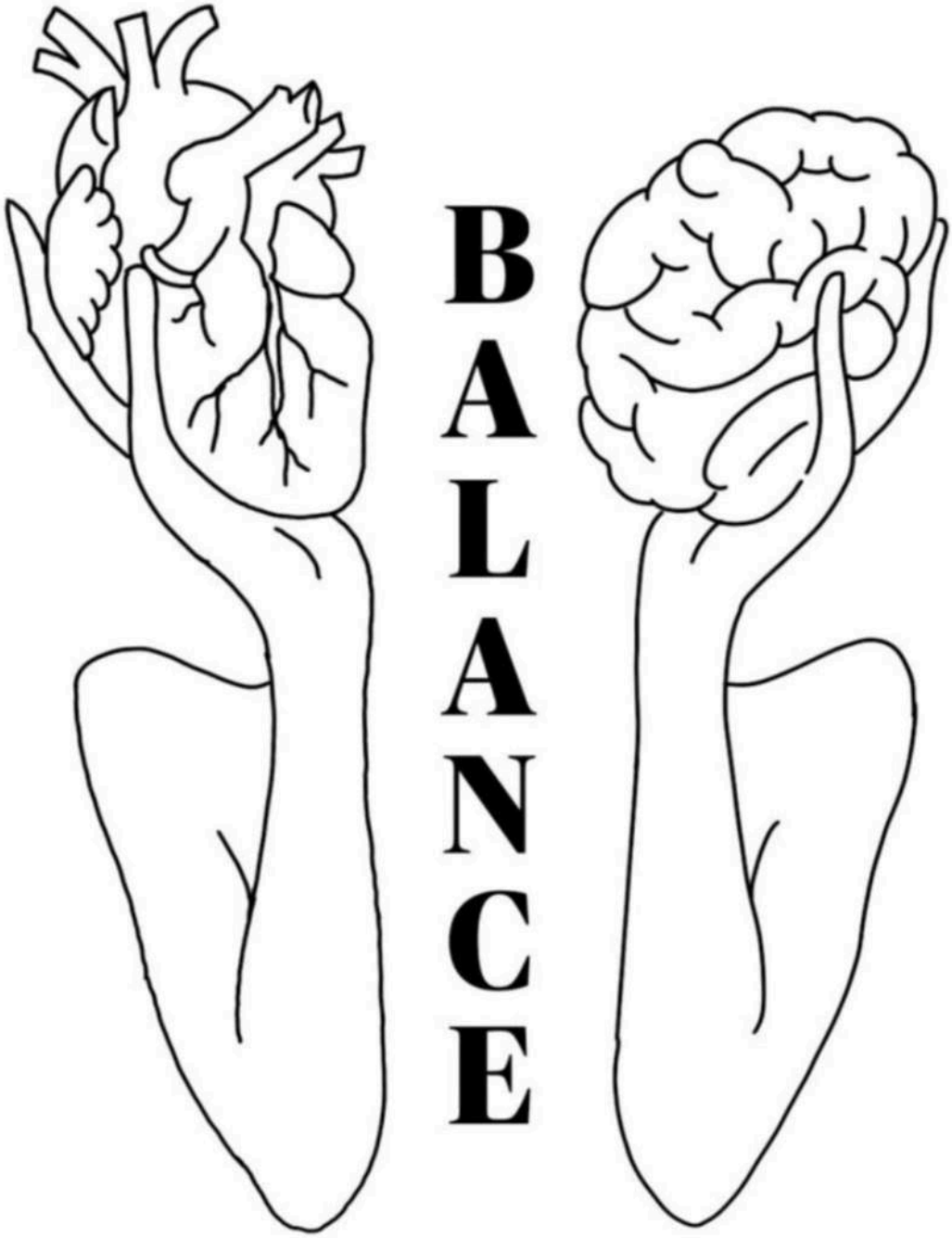
You've stopped asking
"why did it happen?"
And started saying,
"it happened,
and I'm okay."
That shift
is everything.

You're not the same person
you were before.
You're calmer,
wiser,
stronger.
And somehow,
you're grateful for that.

And finally,
you feel at peace—
not because you forgot,
but because
you've accepted.
And in that acceptance,
you found yourself again.

PHASE FIVE

Where brain & heart finally agrees



You made it through
the worst days.
The nights that felt endless,
the pain that felt unbearable.
And now you're here—
still standing,
still breathing.

You didn't heal overnight.
It took time,
patience,
and so many silent battles.
But look at you now—
stronger than
you ever imagined.

You're no longer
the person who begged
for love.
Now you choose
what chooses you.
And that changes everything.

You've learned
that love should feel safe,
not confusing.
Easy, not exhausting.
And you'll never settle
for less again.

You stopped looking back
at what hurt you.
Not because it didn't matter,
but because
you matter more now.

There's a quiet confidence
in you now.
You don't need
to prove your worth anymore.
You just know it.

You're building
a life for yourself.
One where your happiness
doesn't depend
on someone else staying.

You've become
your own safe place.
And that's something
no one can take away
from you.

You don't fear
being alone anymore.
Because now you know—
you are enough
on your own.

You're ready
for new beginnings.
Not because you forgot the past,
but because
you've learned from it.

You don't rush love anymore.
You don't chase it.
You let it come to you—
the right way,
at the right time.

You've stopped settling
for half love.
Because you've experienced
what it feels like—
and you deserve
so much more.

You trust yourself now.
Your instincts,
your decisions.
You've learned
to listen
to your own heart.

You've outgrown
what once broke you.
And that's the biggest sign
of healing—
when the past
no longer controls you.

You smile more now.
Not because life is perfect,
but because
you've found peace
within yourself.

You're not afraid
of love anymore.
You're just more careful
about who you give it to.

You've realized
that losing them
wasn't the end—
it was the beginning
of finding yourself.

You don't regret
loving deeply.
Because it taught you
how strong your heart is.

You are no longer
healing from the past.
You are growing
into your future.

And finally,
you understand—
you were never broken.
You were just learning
how to become
someone stronger.

A gentle reminder for you

You survived what you thought would destroy you.
Not everything you lost was meant to stay.
Some endings are quiet blessings in disguise.

You didn't lose them—
you found yourself.Healing is not perfect.
But it's real.

You outgrew what once broke you.
Peace feels better than closure.
You are no longer who you used to be— and that's beautiful.

Letting go was your strength,
not your weakness.
You chose yourself and that changed everything.

A letter to the reader✨

Hey,

If you're reading this, I just want you to pause for a moment.

Look at how far you've come. I know it wasn't easy.

There were days you felt lost, nights you didn't think

you'd get through.But you did.

And I'm so proud of you for that.

I hope somewhere in these pages, you felt understood.

I hope you realized you're not alone in this.

You are stronger than you think. And you deserve

a love that feels safe, gentle, and real.

Until that day comes—be that love for yourself.

Take care of your heart.

You've been through enough.

— With love *Ritushree*

"Take a
deep breath...
you made it."

Gratitude

Thank you for staying—
even when the words
felt too close to your own pain.

Thank you for turning these pages
with a heavy heart, and still choosing to keep going.

Thank you for giving yourself
the chance to heal, even on the days
you didn't believe you could.

This book was never just about words—
it was about you, your journey, your quiet strength.
And I'm truly grateful that you let these pages
sit beside you in your healing.
You made it this far—
and that means everything.

ABOUT THE AUTHOR

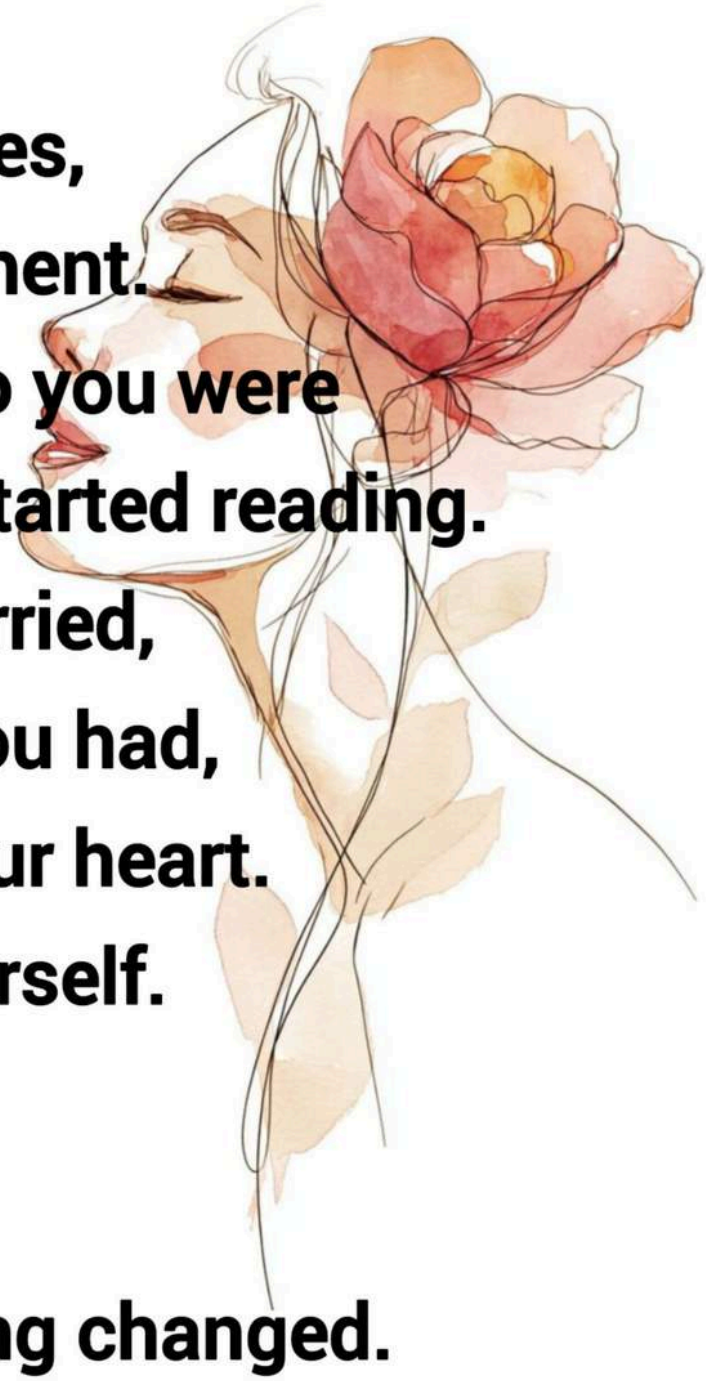
I didn't write this book as a writer.
I wrote this as someone who was trying
to survive.There were days I felt too much and nights
I felt nothing at all...

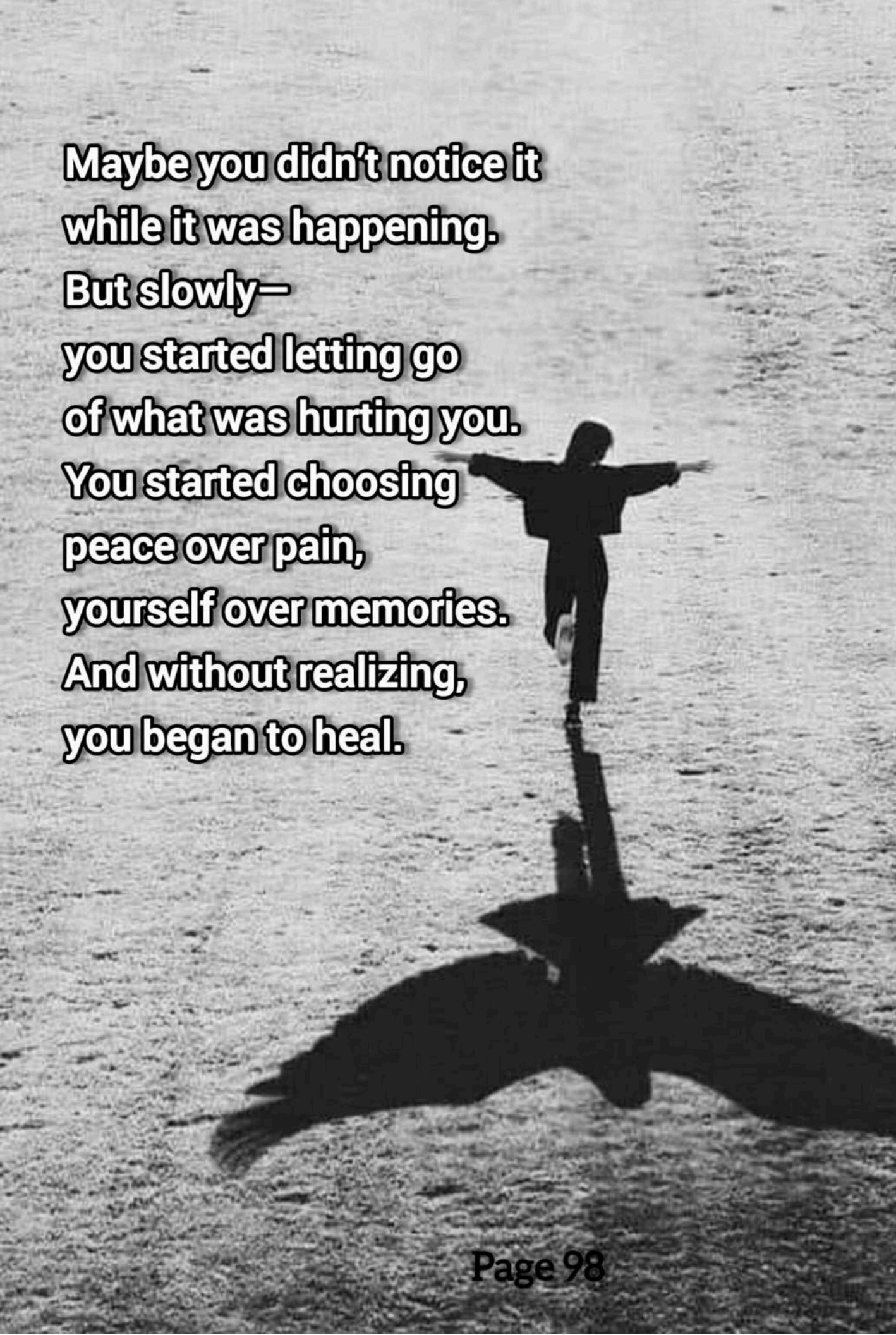
I carried pain I couldn't explain and silence
no one noticed.This book is made of those moments-
the breaking, the healing and everything in between
I didn't have all the answers
I was just learning how to let go
how to breathe again
how to choose myself
If you found yourself
in these pages
then maybe you and I have felt
the same kind of pain and maybe
we are both still learning to *heal*.

TO , THE BEAUTIFUL SOUL ♡

"You
found
your
way
back
to
yourself."

Before you turn
the last few pages,
pause for a moment.
Think about who you were
when you first started reading.
The pain you carried,
the questions you had,
the weight in your heart.
Now look at yourself.
You're still here.
And that alone
means something changed.




Maybe you didn't notice it
while it was happening.
But slowly—
you started letting go
of what was hurting you.
You started choosing
peace over pain,
yourself over memories.
And without realizing,
you began to heal.

So if no one told you this— let me say it now:
I'm proud of you.For staying.For feeling.
For not giving up even when it was hard.
You didn't just read this book—
you grew through it.

The final words

And in the end,
you didn't lose love.
You didn't lose yourself.
You only lost
what was never meant
to stay.
What remained—
is stronger,
softer,
and finally at peace.
And now,
you don't just survive—
you begin again.